



COUNTY OF ORANGE – HEALTH CARE AGENCY

PRESS RELEASE

For Immediate Release:
September 28, 2012

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HIGH TEMPERATURES BRING RISK OF HEAT RELATED ILLNESS

(Santa Ana) - The National Weather Service is predicting temperatures above 105°F in many Orange County cities, increasing the risk of heat related illnesses like heat exhaustion and heat stroke for those who are more sensitive to the heat.

Prolonged exposure to excessive temperatures may cause serious conditions like heat exhaustion or heat stroke and can even be fatal. Symptoms of heat exhaustion may include heavy sweating, muscle cramps, weakness, headache, nausea or vomiting and dizziness. Warning signs of heat stroke may include an extremely high body temperature, unconsciousness, confusion, hot and dry skin (no sweating), a rapid, strong pulse, and a throbbing headache. If symptoms of heat stroke occur, immediately call for medical assistance. Move the person to a shady area and begin cooling their body with water.

Recommended precautions to prevent heat related illnesses include:

- **Drink plenty of water.** Don't wait until you are thirsty.
- **Never leave children, elderly people or pets unattended in vehicles.**
- **Stay cool indoors.** If your home is not air conditioned, visit public facilities such as shopping malls and libraries to stay cool.
- **Check often on those at high-risk.** This includes older adults, people with heart or lung disease, and young children. Be sure to check on your neighbors.
- **Avoid unnecessary sun exposure.** Wear light, loose-fitting clothing, a hat, and use sunscreen.
- **Avoid unnecessary exertion outdoors.** Take frequent rest and refreshment breaks in a shaded area.

For more information on heat related illnesses, visit the Centers for Disease Control and Prevention website at <http://emergency.cdc.gov/disasters/extremeheat/>.

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